

WEATHER

(Associated Press)
WASHINGTON, Jan. 23—
Alabama: Slightly warmer
in north portion. Fair Sat-
urday.

THE DAILY IS A MEMBER OF THE ASSOCIATED PRESS

ALBANY-DECATUR DAILY

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COTTON MARKET

(Associated Press)
NEW YORK, Jan. 23—Cot-
ton futures opened fairly
steady. January 23.40;
March 23.54; May 23.90;
July 24.08; October 23.80.

COMMITTEE AGREES TO AID UNDERWOOD BILL

Mapother Predicts Bright Future For This Section

ELOQUENT ADDRESS GIVEN AT BANQUET BY ELLEN CHIEF

More Than 200 Diners
At Affair Given In
Honor of Visitor

GUEST MADE TO
"FEEL AT HOME"

Appreciation Of Cities
Toward Railroad is
Expresed

As a fitting close to a memorable day in the history of Albany-Decatur, W. L. Mapother chief executive of the Louisville and Nashville railway, and party, were entertained at the Y. M. C. A. on Thursday evening with one of the most delightful, well organized, and excellently served banquets that it has ever been the pleasure of the cities to extend to so distinguished and deserving a guest. The assembled crowd numbered approximately 250 deeply interested in the development of the pleasant relationship between the Louisville and Nashville railway and the queen cities of northern Alabama. The entire lower floor of the Y. M. C. A. building were thrown into one for the occasion and were pleasantly decorated with the season's greens, roses and the national colors. The banquet was begun promptly at the appointed hour following the invocation by Dr. James D. Hunter. The dinner was interspersed by a number of musical numbers given by Mrs. Joseph Pettey Professor Katcher with Mrs. H. O. Group as accompanist. Mrs. Pettey responded to an "encore" after delighting her audience with "Macheta" the singers second number was "Love sends a little gift of roses." Professor Katcher rendered two very pleasing violin selections.

At the conclusion of the banquet Toastmaster W. W. Rahm presented W. R. Spight in a few pleasing words. Mr. Spight delivered the address of welcome and in part said, "We are honored to have the chief executive of one of the greatest transportation systems of the United States as our guest." The speaker likened the railway executive department to the blood of the body saying that if it were not for the executive departments that the great transportation systems of the country would cease to function. Mr. Spight spoke of the wonderful work that the railroads have accomplished in bringing the far ends of the country together, the work in development of resources, the progress that has been made in the south in the last 50 years in which the Louisville and Nashville has been eminent. The speaker continued "I rejoice with the railroads in their prosperity. They have created the great cities of Nashville and Birmingham and this section with its great advantages will call upon the Louisville & Nashville for assistance in the development. Not unkind of what the L. & N. has already done in this section and being grateful for the great shops that are maintained here, we ask the L. & N. to modernize and enlarge these shops so that they may be the greatest of the system." The speaker stated that the railroads offered an opportunity to the young man who wanted to work and believed that the railroads played no favorite. In introducing the honor guest to the vast assemblage, Mr. Spight recalled the days of power of Milton H. Smith and said in part that "when that grand old man, Milton H. Smith passed away, still fulfilling his duty to his road and to his people, that the man who had started at the bottom, who was capable and able, was selected. I wish him a long and useful life as I present the honor guest."

(Continued on Page Six)

Kansas Commissioner Asked to Resign.



CARL J. PETERSON
Carl J. Peterson, State Banking Commissioner of Kansas, has been asked by the Attorney-General to resign his post. Peterson is alleged to be involved in the parole and prison pardon scandal in which ex-Governor Jonathan M. Davis and his son, Russell, were arrested in Topeka on the last day of Governor Davis's term. It is alleged Peterson demanded \$4,000 for securing a parole from prison for Walter Grundy.

ILLINOIS CENTRAL'S CHIEF'S CAR ROBBED

Secretary Forced At Point of Pistol to Give Up Wallet

(Associated Press)
MEMPHIS, Tenn., Jan. 23—A. L. Church, secretary to C. H. Markham, president of the Illinois Central railroad, was relieved of his wallet by a robber who boarded the private car of the Illinois Central executive last night at Independence, La.

No attempt to rob other persons aboard the train was made, according to an announcement on the arrival here today of the train to which Mr. Markham's car was attached. Mr. Markham was asleep. He was not told of the robbery until morning.

Church stated that the man came into the car through the observation platform door and when he accosted him, directed Church to throw up his hands and "give me all you got." The secretary handed over his wallet, containing only a few dollars, and the man retreated to the platform, fired a bullet through the door, and dropped from the train.

"I believe the bandit was just a tramp who wanted to hop a train when it stopped at the water tank," Mr. Markham said today.

"He must have thought he could collect a few dollars by sticking up the private car."

Naval Recruiting Office Closed Here

G. R. Moseley the navy recruiting officer, who has been stationed at the Decatur postoffice for some time, has been recalled to Birmingham. Owing to the fact that few men were entering the service from this section, it was deemed imprudent to continue the office here.

Wardrobe Catches Fire From a Flue

A wardrobe, sitting before an empty fireplace in the home of Mr. Moore 1319 6th avenue south, caught on fire from another flue going into the chimney at 6.30 o'clock on Friday morning. Before the fire truck could arrive the piece of furniture was ruined by the flames and the clothing it contained badly damaged. The injury to the house was slight.

STATE COMMISSION CONDUCTS HEARING ON FIRE PLUG RATE

Attorneys For The Two
Municipalities Are
Opposing Raise

PRES. WEAKEY
ON THE STAND

Water Co. President Is
Asked About Return
On Investments

The question of the revision of rates on fire plugs within the cities of Albany and Decatur was being given a hearing before the Alabama Public Service Commission this morning at the Decatur city hall. Most of the morning session was consumed with an examination of John B. Weakley, president of the Alabama Water Company, by attorneys Callahan and Chenault, attorneys for the cities. Charles H. Eyster represented the Water Company.

With Honorable A. G. Patterson, president of the commission, Fithugh Lee, commissioner, and I. F. McDonald, chief engineer of the commission present the hearing was begun near 10 o'clock this morning before a small crowd of representative citizens. Mayors James A. Nelson and F. L. Carswell were in attendance.

Not a great deal of headway was made during the morning session, the attorney's questioning Mr. Weakley on technical points and striving for a clear presentation of both sides of the question to the commission. The decision will be given at a later date. Commissioner Morgan was detained and was unable to attend the hearing.

The principal questions regarding the settling of the revision fight seemed to be the clearing up of the matter of increases and decreases in the income of the corporation as affected by the installation of meters. It was shown through the testimony that there had been an increase in the net income since the revision of rulings in 1920 by the commission. Attorney Callahan of the city of Decatur tried to point out clearly where the increase of the company's income had come.

"Did the installation of meters increase the income of the company," the attorney asked. The witness answered directly that the people of Albany-Decatur had heretofore paid a flat rate and had always used an abundance of water. He explained that with the installation of meters that there was an excess of bills. Attorney Callahan again asked if the installation had caused an increase to which the witness answered that it had not. Callahan reiterated some former testimony on the same question and the witness replied that the net income had been increased. It was shown that in 1920 before the installation of meters and the revision of rates and rulings by the public service commission that the company had realized \$12,837.02 and that in 1921 following the use of meters and running under the new ruling that the net income had been \$36,438.29.

The question was asked, "if this increase was due to rates or installation of meters." Mr. Weakley replied that in 1921 the new rate disclosed that there was an increase of \$20,300 in round figures accounted for in part in the change of contract with the two cities in the matter of fire protection and remission of taxes. "In 1920," he continued, "the amount of municipal fire protection amounted to \$3,860 based upon the granting to the water company all taxes." This was wiped out later on and in 1921 the company receipts were paid an aggregate of \$2,877.01 in revenue, leaving a net gain to the water company of about \$1,000 net. In 1920

(Continued on page two)

FAIR WEATHER DUE TO AID OBSERVATION OF ECLIPSE OF SUN

Seven-Tenths of Sun To
Be in Obscurity in
Alabama

EASTERN CITIES
TO BURN LIGHTS

Scientists Preparing
Elaborately For
Studying Event

(Associated Press)
WASHINGTON, Jan. 23.—An outlook for generally fair weather Saturday when the sun goes into eclipse, was held out today by the weather bureau for states east of the Mississippi river, but with increasing cloudiness Saturday in the lower lake regions and the Ohio valley.

NEW YORK, Jan. 23.—Eastern states that are so fortunate to be in the path of totality tomorrow were waiting for the first total eclipse of the sun they have witnessed in 450 years.

Fair weather has been predicted, but scientists say that clouds might easily blot out the spectacle for any locality.

To prevent such occurrences plans have been made to make observations from land and air in widely separated sections. The moon will pass between the earth and sun from 8 o'clock to 10:29 o'clock with the total eclipse at 9:11 o'clock.

The eclipse will be visible over an area 4,600 miles long and 100 to 150 miles wide from a point in Minnesota to Shetland islands.

Darkness of night will prevail in the area of totality with varying degrees of shadow in the rest of the shadow belts.

Street lights will be turned on and many business institutions will suspend.

About seven tenths of the sun will be in obscurity in Alabama.

In Northern Alabama, where a partial eclipse will be visible, the sun will begin to darken at 7:45 central standard time. The shadow will remain until 9 o'clock. It is not expected the darkness will be sufficient to send birds and chickens to roost.

Stone Appointment Delayed In Senate

(Associated Press)
WASHINGTON, Jan. 23.—Confirmation of the nomination of Attorney General Stone to be an associate justice of the supreme court is being blocked in the senate, to permit further inquiry into a case in which he acted as counsel for the executors of J. Piedmont Morgan's estate.

Senator Overman, democrat, of North Carolina, who had the nomination held up for a time in the judiciary committee, has been joined in his request for delay by other senators, including Walsh of Montana and Hefflin of Alabama.

Model Maid Now Sought by Police For Big Robbery

(Associated Press)
CHICAGO, January 23.—Police today sought Louise Wernitzer, whom Mrs. Nellie Vehon regarded as a model housemaid, until she disappeared yesterday with jewels and furs valued at \$90,000.

The theft was committed while Mrs. Vehon was entertaining at tea.

The maid was employed a week ago Mrs. Vehon told the police.

LOCAL BRIDGE WILL BE BIG ENOUGH FOR TRAFFIC OF FUTURE

Structure Is Likely To
Have Sidewalks
And Roadway

ROGERS EXPLAINS
THE REFUND PLAN

Receipts Suggested For
All Subscribers To
\$100,000 Fund

Although the plans for the proposed bridge across the Tennessee river here will not be drawn by the state highway department's engineers for several weeks, word has been received here from Montgomery in a dispatch to The Daily indicating that the structure likely will have a draw span of 200 feet, 1500 feet of steel truss work and 400 feet of either-treated timber or concrete.

The roadway across the bridge will be a minimum 20 feet wide, the same report adds, while there likely will be two sidewalks of four feet each.

In a letter received here from John A. Rogers, chairman of the state highway, he expresses the appreciation of the commission for the kind things which have been said of that body here, and explains the possibility of subscribers to the \$100,000 fund to be raised here, obtaining a refund of their money.

Mr. Rogers writes: "The idea of returning the money to those who subscribe to the construction of this bridge is one which I hope the legislature of 1927 will approve. In order that the legislature may have correct data to work upon in passing a bill of relief, a receipt should be given to every man who makes a subscription, the amount he subscribes should be enrolled in a book and proof be made by affidavit in writing before a notary public or other officer authorized to take oaths."

"I had a talk this morning with Mr. Lynne and gave him my views of the best way to keep this record so as to being the matter before the legislature for the relief of these citizens. The highway commission, in itself, has no authority to return such funds. This would have to be an act of the legislature."

Mrs. Himes To Be Laid to Rest Here

The body of Mrs. B. L. Himes who died at seven o'clock Thursday evening at her home in Holden, La., will be brought here for interment. The body will arrive at the Decatur station Saturday afternoon at 3 o'clock and will be conveyed to the residence of Emmett Himes 814 Oak street.

The funeral services will be conducted at 3:30 o'clock Saturday by Rev. C. C. Davidson, pastor of the First Baptist church, Decatur with interment in city cemetery. The following will act as pallbearers: W. H. Long, A. A. Jones, Leroy McEntire, B. F. Holmes, L. A. Frazier and H. A. Nungester.

Mrs. W. T. Staten Dies in Vinemont

Mrs. W. T. Staten passed away last night at 8:30 at Vinemont leaving a mother and father, Mr. and Mrs. W. H. Hardage of Valhermosa Springs, three brothers and four sisters, Mrs. Horace Edmundson Mrs. Owen Adkisson, Vivian and Leldon, Thomas Hardage, all of Valhermosa Springs, Mrs. Will Adkisson, Madison, Ala., Mrs. Earnest Brown, Falkville and Mrs. Hodges Crow of Albany, Ala.

Funeral services will be held tomorrow afternoon at 2:30 at the home of Hodges Crow, 610 Seventh avenue West.

Refuses to Barber for Husband.



MRS. CHARLES MANNING
Mrs. Charles Manning, of Cincinnati, Ohio, has filed suit for divorce because, she alleges, her husband forced her to shave him three times a week for the past three years. She never cut him, she told the judge.

JOSEPH ROBERTSON ANSWERS LAST CALL

Confederate Bugler Is Dead at His Home, Was Nearing 90

Joseph Robertson, affectionately known to hundreds of Twin City residents as "Uncle Joe," bugler with Forrest's cavalry during the civil war has answered his last call. "Uncle Joe" who was nearing his 90th year, passed away peacefully Thursday evening at 7:45 o'clock at the residence of his son, C. C. Robertson, 316 Fifth avenue West.

Funeral services will be held at three o'clock Friday afternoon from the residence, by Rev. Claud Orear, pastor of the First Methodist church Decatur and Rev. J. D. Hunter, pastor of the Central Methodist church of Albany.

Interment will be made at city cemetery with members of Rising Sun Lodge No. 29 A. F. and A. M. of which the deceased was a member for many years, in charge of the services at the grave.

3 BATTLES FOUGHT WITH RUM RUNNERS

Paint Rock Valley the Scene of Another Liquor Capture

(Associated Press)
SCOTTSBORO, Ala., Jan. 23.—Five booze runners were captured, four automobiles seized and 60 gallons of liquor taken as result of a series of pitched battles here today between deputies and liquor runners.

One runner, who escaped, is believed by deputies to have been injured, although the five taken were unhurt. None of the officers were injured.

Three separate fights were staged between the officers and rum runners with many shots being fired, some at close range. The caravan was composed of five cars when the officers swooped down upon it, capturing all of the cars except the first car that acted as a pilot to the others.

However, all the tires of it were punctured, leaving tires and inner tubes scattered throughout the valley. This capture makes a total of 160 gallons of liquor and five cars seized in Paint Rock valley this week.

STREET LEVELED

Work has been progressing for several days on the leveling of the gutter on Cain street, east of Bank. A slight error in the original construction of the gutter there was responsible for the backing up of water over the street during rainy weather.

HOUSE RULE TO BE VOTED ON MONDAY FRIENDS PREDICT

Supporters Of the Act
Contend They Have
Enough Votes

NORRIS WRANGLES
STILL IN SENATE

Will Object to Naming Conferees Favorable To the Measure.

(Associated Press)
WASHINGTON, Jan. 23.—The house rules committee today agreed to report a bill to refer the Underwood Muscle Shoals bill direct to conference between the senate and house.

Chairman Snell said he expected to report the bill to the house today, but that under the house rules it must go over for 24 hours. The rule could be brought up tomorrow, but supporters of the bill plan to defer action until next week, because of the usual week-end absences on Saturday.

Friends of the Underwood bill claimed to have sufficient votes to get the rule adopted by the house and they feel that once the bill is in conference, it will be pushed forward for a final vote by house and senate at this session.

Chairman Snell said he thought debate on the rule would be limited to the usual one hour. It is planned to bring the rule up Monday and if the rule prevails, and the bill is sent to conference on that day, the senate managers of the measure planned to request the appointment of senate conferees by a direct vote, in the hope that senators friendly to the legislation are selected.

Chairman Norris, of the senate agriculture committee, who would head the senate committee if the usual custom of selection was followed, plans to raise objections on the senate floor to the departure from the usual course.

Supporters of the bill objected to the appointment of Senator Norris, because he led the fight against passage of the bill when it was before the senate.

The committee chairman expects to be supported in his fight because Senators McNary, Oregon, and Smith, democrat of South Carolina, also would be sidetracked from the conference if the plan of the Underwood bill advocates is successful.

ELIJAH T. MARTIN DIED EARLY TODAY

Funeral Services Will Be Held Saturday At Madison, Ala.

Elijah Thomas Martin, aged 92 years, well known resident of this section, died at 4:50 o'clock Friday morning at the residence of his daughter, Mrs. C. J. M. Hill, 217 W. Church street, Decatur.

The body will be conveyed at 3 o'clock Friday afternoon to Madison, Ala., his former home. Funeral services will be conducted at Madison Saturday afternoon at 3:30 o'clock with interment in the Madison cemetery.

The deceased is survived by one son, H. T. Martin, of Madison; two daughters, Mrs. Lena Cain, of Madison and Mrs. C. J. M. Hill of Decatur; a granddaughter, Mrs. Marvin Rankin, of Albany.

SCOUTS MEET

Boy Scout Troop Number 16 will meet tonight at the Westminster Presbyterian church. All members are urged to be present.

Classified Ads and Business Director

WANT TO FARM—Get the wife and kids. I will sell you 60 acres land. Fair house, good barn, team, wagon farm tools, 150 bushels corn, cow and yearling, 6 miles out at only \$1,650. J. A. Thornhill.

STOP, LOOK, READ—5th avenue W. home at only \$2,150, 404, 4th avenue west to rent \$20, 1718 8th avenue south, at \$18, 640 Jackson at \$25. Money to loan, fire insurance, deeds, mortgages written. J. A. Thornhill.

FOR SALE

FOR SALE—New E Flat Conn saxophone with case. Address N. E. W. Box 57 Decatur Alabama. 22-3t.

FOR SALE—New chickory, grand piano, Style E at a discount write. W. W. Harmon, 649 Idlewild Circle, Birmingham, Ala. 23-3t.

FOR SALE—White leghorns at \$1.00 each. Apply at W. T. Barnes store, West Albany. Lean Elkins. 16-6t.

FOR SALE—A Chase piano, built in players, at a bargain; on terms; can be seen at Canal St., Phone Decatur 92-W. 18-1t.

FOR SALE—Windshields any cars by C. E. Malone. 27-3t.

FOR RENT

FOR RENT—Ten room house on 50 foot lot Centrally located 4th on avenue south Possession given February 1st, Call Albany 217. 22-3t.

FOR RENT—Two story dwelling, 8 rooms, all conveniences. No. 402 Cain street Decatur. One store building Bank street, one store building Lafayette street. Thos. E. Eide, Phone Decatur 13. 8-1t.

FOR RENT—Upstairs apartment of two or three rooms, reception hall private bath, front and back entrance, lights, water and phone. Furnished or unfurnished, 309 Grant street, Phone 415 or 579. 23-3t.

MISCELLANEOUS

WANTED—Three or four rooms unfurnished. Address X. Y. Z. Care Daily. 21-1t.

WANTED in Decatur. Furnished apartment for couple without children Box M. Albany-Decatur Daily. 21-3t.

WANTED—Young lady to distribute samples and demonstrators. No experience necessary. Apply to Brille Manager, Lyons hotel. 21-3t.

McBRIDE & SONS is a dandy place to trade, special this week, 4 lbs. Tennessee Sundried Apples and 4 lbs evaporated peaches for \$1.00. Phone Decatur 216 J. We deliver. 19-6t.

BLUE RIBBON SHOE SHOP, shoe repairing of quality, we call for and deliver, we guarantee our work, we also handle second hand army shoes. Phone 200, 704 Second ave. 19-6t.

PIANOS AND PLAYERS pianos, phonographs, organs, music rolls and records for all makes will make a special price and easy payments on pianos and phonographs. Call and see J. E. Forbes & Sons Pianos. J. H. Callahan, Manager, 210 Johnston street next door to Dixie market, Albany, Ala. 2-3t.

WANTED—Positions by young ladies who have completed course in stenography. Call Albany 287. 20-6t.

Our entire stock of new hot Blast Heaters at 1-4 saving to you. See them today. Carrell Furniture Co. 17-1t.

Comforts and pure wool blankets in large sizes at substantial savings to you while they last. Carrell Furniture Co. 16-1t.

I HAVE bought the Vest Garage on the west side of the railroad at Falkville, Ala., and have an A No. 1 mechanic who can repair any make car. I am also open for business, selling fresh meats, vegetables and groceries at the very lowest prices. Come to see me. E. P. Cook, Falkville, Ala. 21-6t.

I HAVE MOVED into a new shoe shop next door to the Albany Transfer Co., on Moulton street. Will do all kinds of fine Ladies' work. Use only fine leather. L. B. Clark, The Reliable Shoe Shop. 21-6t.

MONEY to loan in sums to suit. Apply to New Morgan County Building and Loan Association. 10-1t.

LOST—One Black ring-neck hound. Five dollars reward. D. S. Echols. 21-3t.

WANTED TO BUY—A light delivery truck, paneled body preferred. Call 409-W Decatur. C. M. Sherrod. 23-3t.

JOHN I. KATCHER Teacher of Voice, Violin, Piano And all string instruments 231 Grant Street Phone Albany 709-J.

WE DO CRATING We have a man who knows how it should be done. **Morgan Furniture Co.** Phone 95.

LADIES ATTENTION If you haven't bobbed hair, you should have it cut. The style is better now than ever. Let us do your work. Our prices from now on will be shampoo 50 cents, curl 50 cents, massage 50 cents, and everything else in proportion. Try us, we guarantee to please you. **MOYE'S BEAUTY PARLOR**

LADIES Your whole appearance depends upon your skin and hair. Without beautiful skin and hair you can never be really attractive. Come to the **ORIENTAL BEAUTY SHOPPE** Mrs. J. A. Allen 614 1-2 2nd Ave. Phone Al. 502-J.

LEARN TO DANCE CORRECTLY The Easy Way, the Smooth Way The Graceful Way **MISS HILDA POLYTINSKY** Decatur 243

Dr. D. C. Walker Physician Office 1327 1-2 Fourth Ave., South Office Phone Albany 240 Residence Phone Decatur 291-W

LEDA L. BROWN PUBLIC STENOGRAPHER MULTIGRAPHING Night class in stenography and Typewriting. **Malone Coal & Grain Co., Bldg.** Phones, Albany 263-709-w

MORTGAGE LOANS On improved city property. Decatur and Albany 6 per cent and 6 1-2 per cent 10 and 15 year period SEE

PENNY & WHITMAN Eyster Building Albany, Ala.

WATCH US GROW **Ligon's** DRY GOODS, SHOES READY-TO-WEAR Odum's old shoe Store ALBANY, ALA.

We Are Now In Our New Location **PALACE CAFE** "A Good Place to Eat"

SPORTS

Albany-Huntsville Tussel On Tonight; Austinville-Y. M. C. A. Play Saturday

The Albany high school basketball artists will be hosts to the Huntsville high team tonight at the Albany high gymnasium at 7:30 o'clock. Huntsville high is reputed to be the best product of the Madison county arena and is bringing a well trained group of sharpshooters to slip the oval through the meshes.

Coach Webb has a team practically at full strength for the occasion and will order full steam ahead at the opening whistle. Johnson will be at one of the forwards with Wade or Hurst at the other, Spencer or Wade will occupy the pivotal point with Spencer, Mitchell, Perie and Johnson battling for the starting point in the guard positions.

It is hoped that some real interest will be shown tonight from the spectators viewpoint as it costs quite a neat sum to bring teams from other cities.

The game will be begun promptly at 7:30 and adequate seating capacity has been arranged for the crowd.

On Saturday night the regular Y. M. C. A. team will return to the fray against the Austinville five. The Y. M. C. A. experiences some difficulty in playing in the city league and outside as they are never able to practice together, but it is assured that they will give their best to wrest a verdict from the Austinville squad who were lately returned a unanimous verdict over the Decatur team, also of the local city league.

The Y. M. C. A. will start Summerford and Gustin or McAbee at the forwards. Roper will be placed at center, with captain Ellison and Shelton or Turney at the guards. The Y. M. C. A. is going into the game with full confidence that they will gain the decision but are not unmindful of the

fact that the Austinville team is one of the best in the section. The game is to open at 8 o'clock sharp and both teams are on their toes for the conflict.

Can't you picture of crippled five old Vandy sitting around on the street corners passing the hat for donations with the very much in evidence sign "Help the Poor Crippled Basketball stars." Blinkey Horn of the Tennessee sport corps has always proved efficient in the breach when "Jo" Vandy could not get going. During the football season just passed Blinkey was given to notifying the public of all Commodore mishaps. Between defeats Mr. Horn always prepared beforehand, traffic conditions in Nashville were always congested with ambulances bearing the fallen Commodores to the hospital. The physical condition of all the Vandy teams this year has been deplorable, they have hung up a great record for defeats.

She Says:

"I Am Thin"
Her Friend Says:
"She Is Skinny"

If she only knew that she could put on at least 5 pounds of good healthy flesh in 30 days she wouldn't be worrying about her peaked face, hollow cheeks and neck and run down looks. She has tried Cod Liver Oil, but the ill-smelling nasty tasting stuff upset her stomach and made her feel worse than before.

Doctors and good pharmacists know that Cod Liver Oil is full of vitalizing vitamins that make flesh, creates appetite, restores vigor, builds up the power to resist disease and chases away nervousness.

But it's horrible tasting stuff and every day fewer people are making it for doctor's are prescribing and the people are fast learning that they can get better results with Mc Coy's Cod Liver Oil Compound Tablets which Albany Drug Co., and druggists all over the country are having a tremendous demand for.

It is a wonderful upbuilding medicine for skinny, backward children, especially after sickness and 60 tablets only cost 60 cents.

One woman gained 10 pounds in 22 days and if any skinny man or woman can't put on 5 pounds in 30 days your druggist will gladly return the purchase price.

Be sure and get Mc Coy's, the original and genuine Cod Liver Oil Compound Tablet.—Adv.

OLD FOLKS, ATTENTION

Esteemed Citizen 82 Years Of Age — a Druggist for Past 50 Years — Recommends Great Stomach Remedy, Herb Juice, to Others.

"I have been a druggist for the past fifty years," stated A. T. Beasley, 809 South Fifth street, Nashville, Tenn., and during this time," continued Mr. Beasley, "I have tried many different kinds of remedies for stomach trouble, and I find that Herb Juice is superior to them all. Before I started taking this splendid medicine I was in a general run-down condition; was bothered with pains in my stomach and sides and also was constipated, digestive organs were not functioning properly, I was so nervous and restless at night that I could hardly get enough sleep. Herb Juice set me right. It relieved me of these troubles and now I am feeling fine for a man 82 years old. I gained 20 pounds on four bottles and I believe Herb Juice is the best medicine on the market today for stomach troubles. I gladly recommend its use to others that they may take it and be benefited by its use."

The foregoing statement, made by Mr. Beasley, one of Nashville's most prominent druggists and esteemed citizens, is one among thousands that are coming to the Herb Juice Laboratories telling of the worth of this great nature remedy in the treatment of gas stomach, constipation, indigestion, liver and kidney disorders. People are amazed and gratified at the wonderful results they secure through the use of this splendid medicine. Restoration to natural health, strength and happiness almost invariably follows the use of Herb Juice. Founded as it is on the principle to assist nature perform her perfect work, it may be used with utmost confidence in all cases requiring the cleansing and purification of the system.

Herb Juice, the great medicine, that's accomplished such great results in the way of relieving sufferers is now being introduced in Albany by Cadell Drug Co.—Adv.

H. R. ROSS

When you are going to Hartselle patronize the originator of the bus line.

Phone Albany 626

OPIUM CONFERENCE NEARS BREAK-UP

(Associated Press) GENEVA, Jan. 23.—A private meeting today between Representative Stephen G. Porter of the United States and Viscount Cecil of Great Britain, in an attempt to save the opium conference from a breakdown, resulted in a failure. Mr. Porter stated that unless conditions changed radically he would return to the United States within a few days. "I consider the situation has reached such a stage that my continued presence would imperil the Hague opium convention," Mr. Porter said.

SHANGHAI, Jan. 23.—A prominent missionary today informed a Reuters correspondent that the military authorities in the province of Fukien had beheaded 200 Christian Chinese farmers, because they refused to grow opium. The missionary added that although the Chinese officials were compelling the farmers to cultivate opium, 1,500 Christian families had refused to obey the orders and that the executions followed.

State Commission Conducts Hearing On Fire Plug Rate

(Continued from page one) under the meter system installed in residences showed a return of \$17,654 while in 1921 the income amounted to \$20,617.

The question of dealing with the cities as a unit was brought up and objections raised by the water company official that this was not in accordance with the custom that had been established. He stated that the water company was willing to deal with the cities as one consumer if the commission offered this, provided there should be a yield from the capital investment.

The hearing was adjourned at 12:30 and was to reconvene at 2 o'clock for the hearing of additional testimony with bearing on the issue of rate revisions.

'Flu' Epidemic Kills Thousands

(Associated Press) TOKIO, Jan. 23.—Forty-seven hundred persons are reported dead as the result of an influenza epidemic in greater Tokio which started about 20 days ago.

COUNCIL TO MEET

A special meeting of the Albany Council has been called for tonight, Friday, January 23, for the purpose of hearing bids on the sanitary sewer project proposed for Southtown.

Wife Doing Good Work

"I have been bad off with stomach and liver trouble and bloating for many years. No doctors or medicine helped me. On the advice of my druggist, I bought a bottle of Mayr's Wonderful Remedy and I don't want to miss a single dose. It has given me more benefit than all the medicine I have ever taken. I feel I am doing good to recommend it to others." It is a simple harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments including appendicitis. One dose will convince or money refunded—Adv.

Colds

Will stop tomorrow

Colds break in 24 hours for the millions who use Hill's. Fever and headaches go. La Grippe yields in days. This is the quick, scientific way to end these dangers and discomforts. Don't trust lesser helps, don't wait. Get back to normal at once.

All druggists **HILL'S** Price 30c **CASCARA & QUININE** Get Red Box with portrait

Flavor—



Good Pure Flour Needs Less Shortening

You need less shortening to make your baking tender and flaky when you use Valier's Dainty Flour.

That's because Dainty is milled from just the rich creamy centers of the choicest soft winter wheat. It is free from phosphate or any other adulterants. Dainty always gives your baking the natural, full flavor of pure flour. It costs a little more than ordinary flour—but you can always depend on results.

And because it is so rich and pure, your saving in lard when baking with Dainty offsets the little extra you pay for it. For delicious, tender baking with less lard or butter—remember to order Dainty!



BROCK & SPIGHT CO., Wholesale Distributors, Decatur, Ala.

The Reliance Company Has Paid \$2,022,219.00 To Living Policy Holders.

"PERFECT PROTECTION"

Participating Whole Life Non-Participating 20-Pay Life-Endowment Benefits: \$50.00 A week for accidental injury. \$50.00 A week for sickness. \$100.00 A month for LIFE if totally and permanently disabled. No further premiums to pay. No deductions from policy. \$10,000 IN CASH at death. \$20,000 If an accidental death. NOTE: These policies can be written in larger or smaller amounts. ALL MEN ARE LIKELY TO BE SICK OR HURT SEVERAL TIMES BEFORE THEY DIE. "10,000 IS NOT ENOUGH" W. E. SHACKELFORD RELIANCE LIFE

Women Now Depend on

St. Joseph's G.F.P. To Restore Their Vitality

H. R. ROSS

When you are going to Hartselle patronize the originator of the bus line.

Phone Albany 626

The Albany-Decatur Daily

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BENJAMIN BLOODWORTH Editor
R. T. SHEPPARD Business Manager
E. T. Sheppard Advertising Manager**MEMBER OF THE ASSOCIATED PRESS**

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By mail, daily three months..... \$1.50
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By mail, daily, one year..... \$4.50**12 Years Ago TODAY**

From The Daily, January 23, 1913

John K. Shields elected senator from Tennessee.

Handsome new electric signs are being placed by the Quality Laundry on Vine street and the Wade stables on Bank street.

Superintendent of Banks A. E. Walker has returned to Montgomery, after attending a meeting of the stockholders of the Tennessee Valley bank here.

The dairy inspection car of the Southern railway company will visit here on March 5, it was announced today.

J. L. Hutton, president of the Phoenix bank at Columbia, Tenn., was a business visitor yesterday.

H. L. Spencer, of the Hitt Lumber company, is in the field today enjoying a hunt.

A recital will be given this evening at Central Methodist church by the Choral club.

Something else the Tennessee Valley can be thankful for . . . the river through this section did not overflow, during the recent high waters.

Again, have you paid your poll tax yet? January 31 is the last day upon which payment can be paid for the current year.

Now is a mighty good time to consider ways and means to get a highway to the proposed site of Dam No. 3. We want the highway completed, while the dam is being built.

President Coolidge has signed the deficiency bill, which provides \$3,501,200 for completion of Dam No. 2 at Muscle Shoals. A few years ago we were wondering whether or not the government would ever complete the project. How times change.

Here's what the Knoxville Automobile club calls a "gen man driver:"
He dims his headlights when approaching another vehicle on the highway.He uses his brakes oftener than his horn.
He doesn't become impatient and show it by honking his horn when held up in a traffic jam.

He is considerate enough of the other motorists to keep both his headlights burning so that approaching motorists can judge the distance needed to pass him.

He doesn't run around the left side of street cars, endangering the lives of pedestrians.

He stops behind street cars when passengers are boarding the car and he doesn't whizz through the safety zones just because they are safety zones.

He pays attention to his driving and not to people on the sidewalks.

He is courteous always.

YOUR INCOME TAX

There is no change in the exemption for single persons, which is \$1,000. Married persons living together and heads of families are allowed by the revenue act of 1924 an exemption of \$2,500 regardless of the amount of net income. Under the preceding act the exemption for married persons and heads of families was \$2,500 if the aggregate net income was \$5,000 or less and \$2,000 if the net income exceeded \$5,000. A husband and wife living together have but one personal exemption. If they make separate returns such exemption may be taken by either or divided between them.

The exemption of \$2,500 is allowed married couples only if they live together. In the absence of continuous actual residence together, the exemption depends upon the character of the separation. The new regulations provide that if occasionally and temporarily a wife is away on a visit or a husband is away on business, the joint home being maintained, the full exemption is allowable. The unavoidable absence of a husband or wife at a sanitarium on account of illness does not preclude claiming the exemption. But if continuously and voluntarily the husband makes his residence at one place and the wife at another, they are not living together within the eyes of the income-tax law. Each must file a return if his or her income was \$1,000 or more, and each is allowed only the \$1,000 exemption granted a single person.

No change is made in the provision allowing the taxpayer, in addition to a personal exemption, credit of

1400 for each person depending upon him or her and receiving chief support, if such person is under 18 years of age or incapable of self-support because mentally or physically defective. The term "mentally or physically defective," but persons in ill health and the aged. The \$400 credit does not apply to the wife or husband of a taxpayer, though one may be totally dependent upon the other.

KANSAS SCHOOL CHILDREN ENGAGED IN CAMPAIGN TO PICK STATE BIRD

Out in Kansas an unusual political campaign is in progress. School children of the state are preparing to vote on the question of naming a state bird. Press dispatches declare that "Bob White" is picked to win from a big field of candidates.

The "women vote," however, is expected to play no small part in the election for the women have as their candidate "Mrs. Jennie Wren" as champion of woman's rights. The robin, prairie chicken, meadow lark, cardinal and blue jay, are some of the other leading contenders for the honor.

School children all over the state are declared to be busily campaigning and acquainting others with the good points of their favorites.

The selection of a state bird for Kansas, in itself is an achievement of no little importance, but it appears that much more importance is the fact that such a campaign instills in these citizens of tomorrow some knowledge of political campaigns, and the necessity of their interest in such affairs. It acquaints them with the duty they owe their state to study the civic problems which are before them and to make a decision as they see conditions.

HEALTH BUREAU ANNOUNCES EFFORT TO IMPROVE CONDITIONS OF FOUNTAINS

The general Health Bureau, of New York, reports that health authorities over the nation are making an effort to improve the condition of drink and ice cream dispensaries, from a standpoint of public health.

The figures of the United States census bureau, showing that the manufacture of soft drinks reached a total of \$226,188,152 in a year, while that of ice cream and cakes amounted to \$258,666,575 in the same period, are noted to impress upon the public the magnitude of the fountain business of the United States. The same report indicates that this year the total may amount to more than half a billion dollars.

Undoubtedly the volume of sales indicated by this report show that some degree of care must be taken in the conduct of the sales establishments, lest the danger of public health become acute. Yet the operators have something to say for their side of the case.

Observation of the usual operators of fountains shows that most of them do exercise unusual care in the cleansing of the utensils in use. Whether that care is sufficient to eliminate all danger of infectious disease, of course, is a matter for expert opinion only to decide. The layman is unable to tell.

The health board, indirectly, suggests the use of individual pastebord utensils. We are informed by local operators that the use of the cups, in dollars and cents, is about twelve times as expensive as is the use of ordinary class utensils.

If this expense is to be undertaken, someone must pay for it, and of course the public would be the payee.

It will be recalled that several efforts have been made to establish the steam sterilizing process for cleansing glassware in fountains. The theory of this effort was that the live steam would destroy any germ which might linger in a used cup. Fountain operators make the claim against this plan that the live steam too frequently cracks the fragile glasses, making it also very expensive. So we find some strong objections to changes in the mechanical devices of the fountains.

The warnings which the health board give, however, are timely and should be given careful consideration. Extreme care by the operators of fountains will accomplish much toward making all fountains absolutely safe. The Daily believes local fountain operators are taking these precautions.

LOG PRODUCTION THIS YEAR TO BE AS SMALL AS ANY YEAR IN THE PAST TEN

Farmers of Alabama have a greater opportunity to realize big cash returns from live stock, particular hogs, this year than they have had in a decade, according to a report which comes out of Auburn. The production of hogs in the United States in 1925 will probably be as small as any year in the last ten, and an acute shortage of hog products is indicated by the pig survey made in December by the crop-reporting service of the U. S. Department of Agriculture, according to a statement issued by F. W. Gist, agricultural statistician.

This shortage will, in all probability, extend into the year 1926, unless hog growers begin now to boost their production. Hogs sold in Montgomery last week at \$9.50. At this price there may be some temptation to sell out, now and all, in view of the feed shortage. "The latter course," said Mr. Gist, "would be extremely unwise, as the crop-reporting service is forecasting still higher prices for hogs in the coming months."

The recent survey shows a decrease of 28.2 per cent in the number of sows farrowed in the fall of 1923, and actual decrease in pigs saved amounting to 22.2 per cent. A further decrease is shown in the number of sows bred for spring farrowing in 1925 from the actual farrowings in the spring of 1924. Over against this situation the movement to market has been unusually heavy, indicating an increased demand.

For Alabama the survey shows the number of sows farrowed in the fall of 1924 to be 84.1 per cent of those farrowed in the fall of 1923, while the number of pigs saved from the 1924 fall farrowing was only 78.1 per cent of the previous year. Sows bred for spring farrowing in 1925 are about 120 per cent of those actually farrowed last spring. This latter figure indicates an increase in the number of pigs which will be available in Alabama or market next fall, and shows decidedly the necessity for growing feed with which to fatten next fall.

With hogs anywhere around 10 cents, a heavy crop of weaners should be grown for hog feed. They can be gathered by the hogs at no cost except for growth; and if grown with corn, that item is negligible.

In view of the present situation in the country as a whole, Mr. Gist does not hesitate to advise that Alabama farmers will be safe in growing hogs and hog feed this year. Farmers are strongly advised against selling off immature pigs or brood sows this spring. It will probably pay to buy some pigs this spring, if obtainable, to be fed out on home-grown feed next fall.

One of the Alabama shortcomings shown by the survey is the small number of pigs saved per litter, which was only 4.6 compared with an average of 5.4 for the country as a whole and 5.0 for Alabama in the fall of 1923. Better sows, as well as more sows, is a good slogan for hog growers just now.

Mrs. Charles Black To Leave Y. M. C. A.

Mrs. Charles W. Black for the past two years social secretary of the Y. M. C. A. has accepted a position with the Cooper-Wells hosiery mills, to begin on her new work on the first of February.

Mrs. Black has been very efficient in her past position, and has many friends who will regret to see her leave the "Y" work, but who will also rejoice with her in her advancement.

Mrs. H. H. Hunter whom Mrs. Black will replace as secretary to the manager of the textile mill, has held the position for some time, with a commendable record.

Almon is Secretary to Mrs. Nellie Ross

The first official act of Mrs. Nellie Ross, woman governor of Wyoming, who was inaugurated recently, was the selection as her private secretary of Edward B. Almon, Jr., a native Alabamian, nephew of Congressman Edward B. Almon, of the eighth district, and cousin of Solicitor D. C. Almon, of Albany.

Secretary Almon went west with his father several years ago from the former family home in Russellville, Ala., in Wyoming, where he is a practicing attorney, he has served a term as prosecuting attorney, before his appointment as secretary to Governor Ross.

Town Creek News

Mr. and Mrs. Henry Houston brought their little daughter, Margie, home from the Eliza Coffee hospital in Florence on Tuesday. She is much improved and her many friends are delighted to have her home again.

Raymond Smith who has also been very ill with pneumonia in the same hospital is slowly recovering and hopes to come home the latter part of the week.

Dr. O. B. Dreger of Huntsville, recent graduate of Southern Dental College Atlanta, has opened an office in Town Creek. He comes highly recommended as a young man of sterling worth and well prepared to practice in his profession. Having a dentist in our town fills a long felt want.

Watson Potts of Stevenson has accepted a position as assistant cashier of the Tennessee Valley Bank at this place.

Rev. Milligan, pastor of the M. E. church here is quite ill with grippe at his home. He, Mrs. Milligan and James had a delightful visit during the holidays with their son, who is a professor in the University of Indiana, and Mrs. Milligan's parents, in Rome, Ga.

The people of our school district are delighted with the results of the election last Tuesday for a period of fifteen years, beginning September next, there will be an extra tax of fifty cents on every one hundred dollars of property in the district the proceeds to be placed on school buildings or for school purposes. Not a vote was cast against the measure. We claim to have the best school building for the size town in North Alabama. Our people are a progressive one, ever ready to go forward in any way that tends for the development of its schools or the uplift of the community. Our school faculty consists of ten teachers. Three with degrees from Universities. The principal says he has the best bunch of teachers in the state, each one working in harmony with the whole, doing work that will be felt long after the close of the years work.

We have been much interested the last few days in the news story published in The Daily to the effect that Birmingham was striving to obtain a highway from the Magic City to Muscle Shoals via Albany-Decatur. We stand ready to assist the "powers that be" to fight for this road. With the good road from Courtland to Decatur and from here to the Tri Cities, the five routes between Town Creek and Courtland are now being kept in good condition from passing this way coming from Birmingham, they cross the river at Decatur, go via Athens to Muscle Shoals at least twenty-five miles out of the way.

The friends of Mr. Paul Houston are pleased to hear that he will soon take a position with the Tennessee Valley bank.

Always Call
DINSMORE BROS.
Before you sell your second-hand furniture.
PHONE ALBANY 397**ANNIE LAURIE**

Dear Annie Laurie:—

I am a young man 17 years of age and I am going with a girl 20 years of age. I love this girl very dearly and she says that she loves me. Her parents like me very much but I think she is too old for me although I like her very much. Neither of us care for the company of others. Would it be proper for me to quit with her? Lonesome Billy.

Lonesome Billy:—

The girl is a little older than you are but there have been many happy marriages under the same conditions. If you love her and she loves you there is little reason that you should quit going with her, but if you feel that way about it the best thing to do is to forget her and you both will be better off.

Dear Annie Laurie:—

We are two young girls in our teens and are great chums. We have come to you for advice. Is it alright for a boy to come into your home after you have returned from a church or show? Please tell us how to win and keep the friendship of boys. Is there any harm in allowing a boy to kiss you before you are engaged? If you go to a party with a boy friend and meet a boy that you like better and he wishes to come home with you, is it right for you to allow him to do so? Is there any harm in a girl going with two boys at a time. Is there any harm in car riding? If a boy breaks a date with you and doesn't explain himself should you have company anymore. One of us is a school girl, the other is not, how many dates should we have in a week. One of us has real light hair, blue eyes and fair complexion, height 5 feet, weight 108. The other has dark hair and eyes and an olive complexion, height 5 feet, 6 inches, weight 115. What colors should we wear? We will appreciate your advice very much.

Dutes and Jerry

Dutes and Jerry:—

It is alright for you to invite the young man into your home for a few minutes after coming from a church or show provided it meets with your family's approval and you are properly chaperoned. You can win and keep friendship of young men if you make yourself attractive, extend little courtesies, and require the respect of all young men. Never become familiar with them. Your kisses should be given only to the man that you intend to marry. The young man who is kind enough to escort you to a party is the young man to bring you home regardless of your feeling in the matter, so long as he treats you with the respect that you are due. There is no harm in going with several young men until you become engaged, that only is the time for you to restrict your friendship to one

man. When going away riding you should be properly chaperoned. If a young man is so unthoughtful and inconsiderate as to break a date with you and offer no satisfactory explanation then do not allow him the pleasure of your company. The matter of the number of dates should be according to the wishes of your parents, they know what is best. You know far better than others what you are most attractive in. Good luck.

Stone--THE CLOTHIER

Better Suits for Men—Albany's First Upstairs Store

WALK UPSTAIRS SAVE \$5.00

Cash or Terms

OVER CENTRAL NATIONAL BANK

Corner Second Ave. and Johnston St.

Piggly-Wiggly**SUGAR** Fine Standard Granulated, lb. **7c****DEMONSTRATION**The principal uses of Brillo (Steel Wool) will be explained by our able representative. **COME—Get a sample free.****Eddy's prepared French Style Mustard, 9 oz. jar with paddle..... 12½c****Sunbeam Mayonnaise, 8 1-2 oz. jar, lot of our customers will have nothing else. Per jar special..... 30c****WALNUTS****CREAM NUTS**

A chance to make a nut cake without much expense. Reduced prices to close out.

No. 1 Red Diamond Walnuts, lb. **35c** No. 1 large washed Cream Nuts, lb. **16c****TENNESSEE MEATS**Small Shoulders, lb. **23c** Pure Pork Smoked Sausage, lb. **36c****The Best Broom Made..... \$1.00****Bank Street Second Ave.****We Had a Throng of People All Day Long At Our Odd and End Sale Yesterday****Some bought silk dresses as low as \$2.95****Some Silk Hose for 29c****Some Gloves for 49c****And many Other Articles for 10c**

We lost money and our customers got bargains. We are glad to do this in order to clean up the odd lots.

SATURDAY IS THE LAST DAY

We have about 500 yards of fast color regular 25c Gingham in broken lots that we will put in this sale Saturday morning from 10 to 11 o'clock at 13c per yard. If you want it at this price be here between the hours of ten and eleven. You make money, we lose.

One lot of Ladies Slippers \$1.95**Speake & Echols**
Second Avenue Albany, Ala.

For expert workmanship, efficient delivery and complete satisfaction in the job line call Albany 48. Our representative will call and fill your needs in business supplies, circulars, or posters.



HEY! Mister!!

Don't worry with weak lights and slow cranking that comes from a run-down battery. Bring it in for

One Day Charging Service. Saves you rental expense and puts your battery in perfect condition. Recharging with our Constant Potential System takes only 8 to 12 hours. Best service in the city. Come in today.

Morgan Co. Motor Company

Katherine Nash Dies At Johns Hopkins

Katherine Marie, the infant daughter of Mr. and Mrs. L. R. Nash 80 4th avenue South, died at the Johns Hopkins hospital, Baltimore, Md., on Thursday night Mrs. Nash left here on the 17th to carry little Katherine to specialists there for treatment. The child is survived by her parents and a sister, Margaret Louise. The body will be carried to Corinth, Miss., the home of the parents for burial.

Colonel Rison Dies At Huntsville Home

(Associated Press) HUNTSVILLE, Ala., Jan. 23.—Colonel Archie Rison, 65, president of the W. R. Rison banking company, and treasurer of the Dallas manufacturing company, died suddenly last midnight. He had been in failing health several years but had been attending to business at the bank and the mill until a short time ago. He is survived by his widow, Mrs. Rena Rison and a daughter, Mrs. Louise Rison Rhett. Colonel Rison was the son of William R. Rison, founder of the banking company which bears his name.

One Convicted of Misusing the Mails

(Associated Press) TALLAHASSEE, Fla., Jan. 22.—William Lee Popham, of Appalachicola, was found guilty by a jury in the federal court today of devising a scheme to defraud and using the United States mails to further the scheme. Popham's three associates, J. J. Abbott, Charles N. Hampton, and William H. Collier were acquitted. J. E. Kenney, the fifth man covered by the indictment, was freed by Judge Grubb, who instructed the jury to return a verdict of acquittal. The case was given to the jury yesterday afternoon.

TRAIN WRECKED

(Associated Press) GRAND JUNCTION, Colo., Jan. 22.—Nine passengers were injured early today when the Denver and Rio Grande train number one, westbound was wrecked 19 miles west of here. The engine broke a rail while traveling 35 miles an hour according to railroad messages received here. The baggage car rolled down a 40 foot embankment. Eight of the ten coaches left the track.

How Doctors Treat Colds and the Flu

To break up a cold over night or to cut short an attack of grippe, influenza or sore throat, physicians and druggists are now recommending Calotabs, the nauseous Calomel tablet, that is purified from dangerous and sickening effects. Those who have tried it say that it acts like magic by far more effective and certain than the old style calomel, heretofore recommended by physicians. One or two Calotabs at bed time with a swallow of water—that's all. No salts, no nausea nor the slightest interference with eating, work, or pleasures. Next morning your cold has vanished and your system feels refreshed and purified. Calotabs are sold only in original sealed packages, price ten cents for the vest-pocket size; thirty-five cents for the large family package. Recommended and guaranteed by druggists. Your money back if you are not delighted.—Adv.

COLDS THAT DEVELOP INTO PNEUMONIA

Chronic coughs and persistent colds lead to serious lung trouble. You can stop them now with Creomulsion, an emulsified creosote that is pleasant to take. Creomulsion is a new medical discovery with twofold action; it soothes and heals the inflamed membranes and kills the germ. Of all known drugs, creosote is recognized by the medical fraternity as the greatest healing agency for the treatment of chronic coughs and colds and other forms of throat and lung troubles. Creomulsion contains, in addition to creosote, other healing elements which soothe and heal the inflamed membranes and stop the irritation and inflammation, while the creosote goes on to the stomach, is absorbed into the blood, attacks the seat of the trouble and destroys the germs that lead to consumption. Creomulsion is guaranteed satisfactory in the treatment of chronic coughs and colds, bronchial asthma, catarrhal bronchitis and other forms of throat and lung diseases, and is excellent for building up the system after colds or the flu. Money refunded if any cough or cold, no matter of how long standing, is not relieved after taking according to directions. Ask your druggist, Creomulsion Co., Atlanta, Ga. (Adv.)

SOCIETY.

Margaret C. Shelton—Phone Decatur 352.

MOTHERS CLUB

Mrs. J. L. Proctor was the charming hostess to the members of the Mothers Club on Wednesday afternoon. Very interesting papers were read by Mesdames Thomas and McGlathery and a lovely selection was given by Mrs. Zeno Bailey. Mrs. W. P. Raugh rendered a beautiful piano solo after which Mrs. Russell Speake sweetly sang accompanied on the piano by Miss Lucile Bailey.

Delicious refreshments were passed at the conclusion of the program. At the next meeting the club will be entertained by Mrs. T. M. Jones Jr., on February Fourth.

AUSTINVILLE MISSIONARY SOCIETY

Mrs. W. B. Robertson entertained the Austinville Methodist Society this week when a good representation of the society met at her home at 2 o'clock on Monday.

Mrs. Fanny Moore led the devotional and also the lesson taken from the book "Southern Methodist Womanhood Urged." After this the business session was held.

Late in the afternoon the hostess served light refreshments assisted by Mrs. L. L. Pepper and Mrs. Fanny Moore.

MRS. GARDNER ENTERTAINS

Mrs. Warren Gardner entertained her bridge club and a few friends on Wednesday afternoon at her home on Walnut street. Baskets of flowers arranged in the living and dining rooms were most effective reminders of spring.

Mrs. W. G. Foster received the club prize and Mrs. Bloodworth a pretty compact as guest souvenir after which a delicious chicken salad course was served with hot rolls and coffee.

The following were among Mrs. Gardner's guests: Mrs. Sharp and her guest, Mrs. Tucker, of Memphis, Tenn. Mrs. Irving of Montgomery, Mrs. J. H. Locke, Mrs. W. G. Foster, Mrs. T. A. Caddell, Mrs. J. B. Schimmel, Mrs. Ellen Ballas and her guest, Mrs. Scuffos of South Carolina, Mrs. F. M. Robertson, Mrs. E. E. Peden, Mrs. S. E. Patterson, Mrs. W. N. Cowden and Mrs. B. M. Bloodworth.

COTACCO LITERARY SOCIETY

Mrs. Ike Scheer was hostess this week to the Cotacco Literary club and quite a large attendance was present.

After the business had been disposed of Mrs. John D. Wyker, who had been invited by the club to give a lecture of her trip abroad was given on the rest of the time and she gave a most interesting talk on Scotland, England and Holland. For lack of time she was not able to tell of all of the countries that she visited.

At the close of this delightful and very much enjoyed talk, the hostess served a salad course.

BRIDGE PARTY FOR MISS HARVEY

Mrs. A. E. Humphrey will give an afternoon bridge affair at the Valley Country club on Thursday at 2:30 p. m. complimenting Miss Mary Harvey an attractive bride elect of February.

MRS. THOMPSON WILL ENTERTAIN

Miss Mary Harvey, and Mr. Elmer Loyd who will be married the eleventh of February will be honor guest at a beautifully planned dance to be given on Thursday evening of next week by Mrs. S. M. Thompson at the Valley Country Club.

BRIDGE COMPLIMENT AND LUNCHEON PLANNED FOR MISS HARVEY

On January 13th Mr. and Mrs. B. E. Preuit will give a bridge dinner at 7 o'clock in the evening honoring Miss Mary Harvey and Mr. Elmer C. Loyd whose wedding date has been set for February eleventh. The party will be given at the Valley Country Club.

Another beautiful affair at which Miss Harvey will be the guest of honor will be luncheon on February fourth when Mrs. W. A. Bibb and Mrs. Georgia Miller will be hostesses.

MRS. STEINHART COMPLIMENTED

Mrs. W. B. Markstein entertained at two tables of bridge on Wednesday afternoon to compliment her mother, Mrs. S. Steinhart of Greenville, Ala., who is her house guest.

Miss Irene Peterson of Birmingham is here to attend the funeral of late Mrs. M. A. Kilgore.

Mr. and Mrs. Grover Graves of Hartselle have named their little son, who was born the latter part of December, Grover C. Graves Jr.

SILK STOCKING CLUB

The Silk Stocking Club, Mrs. Jackson Edwards of Atlanta, Ga., and Mrs. H. L. Peterson were the guests of Mrs. D. S. Echols on Thursday afternoon at the meeting of this club at her home on Line street.

Miss Mary Harvey won the first prize and the visitor's trophy was awarded to Mrs. Edwards after which a delicious chicken salad course was enjoyed.

There will be no meeting of this club next week and Mrs. John W. Jones will be hostess the following week.

THURSDAY BRIDGE CLUB

The Thursday Bridge Club met with Mrs. Lester Sheffield on yesterday afternoon and all of the club members were present. Among these Mrs. F. M. Robertson made highest score for the afternoon.

A delectable salad course was served.

MRS. SCUFFOS TO ENTERTAIN

Mrs. Scuffos of South Carolina who is the guest of her sister, Mrs. Ellen Ballas will entertain with a bridge party on Saturday afternoon at the home of Mrs. Ballas on Canal street. Her guest list will be restricted to the members of the Wednesday Club and a few friends.

Mrs. William Watson of Eutaw, Ala., expects to return to her home the middle of next week after spending a month with her parents, Mr. and Mrs. B. Crawford.

Mrs. James A. Fowler of Huntsville is the guest of Mrs. W. H. Winton.

Mrs. W. H. Winton and daughter, Miss Imogene will leave on Saturday for Florida for a several weeks stay. They will be the guests of Mr. and Mrs. J. W. Johnson in Daytona.

Miss Helen Russell will spend the weekend with her sister Mrs. Allan Wallace in Anniston.

Miss Polly Robinson is the guest of Mrs. Clifford Meigs in Courtland.

Miss Unity Dancy will leave Sunday night for New York from which place she will sail at an early date on the "Laconia" of the Cunard line for a Mediterranean cruise. Among the places that will be visited by Miss Dancy will be Turkey, Egypt, the Holy Land, Greece, Italy and France. She will probably return home some time in May.

Mrs. A. A. Hardage has returned from a visit to Nashville.

Mrs. Charles Odum of Nashville, Tenn., arrived today to be the guest of Mr. and Mrs. Frank Lide for a few days.

Mrs. S. L. Cook is visiting her son, John Cook in Athens.

Miss Pearl Oliver of Birmingham is visiting Mrs. J. W. Wardlow 1710 9th avenue South.

Mrs. Louis A. Neill and Miss Louise who are spending the winter in Washington are the recipients of many social courtesies in the capital city.

Wednesday evening, January eighth they were invited to attend the diplomatic reception of President and Mrs. Coolidge at the White House. The diplomatic reception is considered the most brilliant of the state receptions that are given during the entire year.

Friday afternoon of last week Mrs. Neill and other members of the executive board of the National Federation of Women's clubs were received by Mrs. Coolidge at the white house. The following afternoon from four until six o'clock Bishop Freeman, the Bishop of Washington, and Mrs. Freeman entertained at tea in their honor at the Bishop's residence.

Hartselle News

The bankrupt stock of the W. B. Bean company consisting of hardware and furniture was sold to the highest bidder Monday afternoon and was bought by M. D. Wiggins. The stock including some land situated in Tuscaloosa county brought something over two thousand dollars.

Walter S. Poole was in Decatur on business Monday afternoon.

R. L. Sherrill spent Monday and Tuesday in Athens, Albany and Decatur in the interest of the brokerage lines carried by him.

Bert Thomas of Cullman made Hartselle a business trip Monday.

W. Henry Day of Albany was here on business Monday morning.

Lumber shipments from the Hartselle planers have been greatly curtailed during the past few days it being impossible to load cars on account of the prevailing rains which have kept up for the past five or six days.

Messrs. H. F. Weir and Lyle Roberts left recently via automobile for Florida points. They are on a prospecting trip, and will be absent for several days.

Postmaster S. L. Sherrill is having the interior of the postoffice renovated, adding an inviting appearance to the inside.

Basket eggs continue to bring 50 cents per dozen, the best price at this season of the year for many past.

Large quantities of seed oats have been purchased by the farmers in this section, but, so far, they have not been able to seed the land on account of prevailing wet weather.

BIRTH

Born to Mr. and Mrs. John Cook of Athens, a son on January 21st.

Safe Fat Reduction

Why be fat? The answer of most fat people is that constant dieting is hard, continual exercise is tiresome and exhaustive—and then, too, it might be harmful to force the weight down. That was the old-fashioned idea. Today in Marmola Prescription Tablets all these difficulties are overcome. Just a pleasant little tablet after each meal and at bedtime causes fat to vanish. This modern method is easy, entails no dieting or exercising and has the added advantage of cheapness.

Get a box of these tablets and start taking them now. Within a short time you will be getting rid of fat steadily and easily without starvation diet or tiresome exercise. You will be comfortable and able to enjoy the food you like and want. Even after making off many pounds, there will be no flabbiness or wrinkles remaining. You will feel 100 per cent better. All drug stores, the world over sell Marmola Prescription Tablets at one dollar for a box, or the Marmola Company, General Motors Building, Detroit, Mich., will gladly send them to you on receipt of the price.—Adv.

Pine-Tar and Honey Still Best for Chest Colds and Coughs

Our mothers and grandmothers would never be without pine tar syrup in the house for coughs, chest colds, etc. This was many years ago, but modern medicine has never been able to improve on this time-tested remedy. Doctors say the pine tar is hard to beat for quickly loosening and removing the phlegm and congestion that are the actual cause of the cough. At the same time pine tar and honey soon soothe and heal all irritation and soreness. The kind that has been used with never failing success in thousands of families for years is that known as Dr. Bell's Pine-Tar Honey. This is scientifically compounded of just the right proportions of pine-tar, honey and other quick-acting, healing ingredients which the best doctors have found to aid in quick relief. It contains absolutely no opiates, narcotics or harmful drugs, so can be given to young children—fine for spasmodic croup. It tastes good, too. If you want the best, a medicine that often stops the severest cough overnight, be sure you get Dr. Bell's Pine-Tar Honey. It costs only 30c at any good druggist.

DR. BELL'S PINE-TAR-HONEY FOR COUGHS

NEW LAMP BURNS 94 P. C. AIR Beats Electric or Gas

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 15 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—to pumping up; is simple, clean, safe. Burns 94 per cent air and 6 per cent common kerosene (coal oil).

The inventor, T. G. Johnson, 609 W. Lake St., Chicago, Ill., is offering to send a lamp on 10 days' FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him today for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.—Adv.

Jan. 2-9-16-23-30.

NOTICE

To my many patrons and friends. The illness and death of my father has caused my barber shop to be closed partly through the holidays and since. I thank you for past and future favors, and cordially invite you to call again.

Respectfully,
J. W. C. Self.

Boilers and Engines

We have Boilers and Engines of all sizes, guaranteed to be in A-1 condition. Prices right.

Terms to suit
Jervis Machine Co.
DECATUR, ALA.

C-O-A-L

Building Materials

Decatur Coal and Manufacturing Co.
A. A. Jones, Manager
Phone Decatur 76

Recognized at a glance

Good taste in a man's dress is as difficult to define as personality, but both are recognized at a glance. Well-dressed men wear Knox Hats because of their subtle combination of good taste and quiet dignity.

KNOX HATS

Crane's Clothes Shop

1-Day

Battery Charging Service
FRANK P. LIDE
Phone 140

FINAL CLEARANCE SALE

OF ALL

Winter Dresses

These Dresses Will Be Closed Out REGARDLESS OF COST

AN OPPORTUNITY TO BUY A GOOD DRESS FOR LESS MONEY

No Charges. No Alterations. Each Sale Is Final.

Mrs. F. S. Graves

Second Avenue

Albany, Ala.

Cover Your House Now

We furnish you with a water-proof canvas cover FREE.

Don't take a chance of having your Plastering and Paper ruined.

GET OUR PRICES ON SHINGLES

JOHN D. WYKER & SON

DAILY MAGAZINE PAGE FOR EVERYBODY

PLEATS PLEASE AT PALM BEACH

Society Women Pay Their Tribute to a Charming Fashion

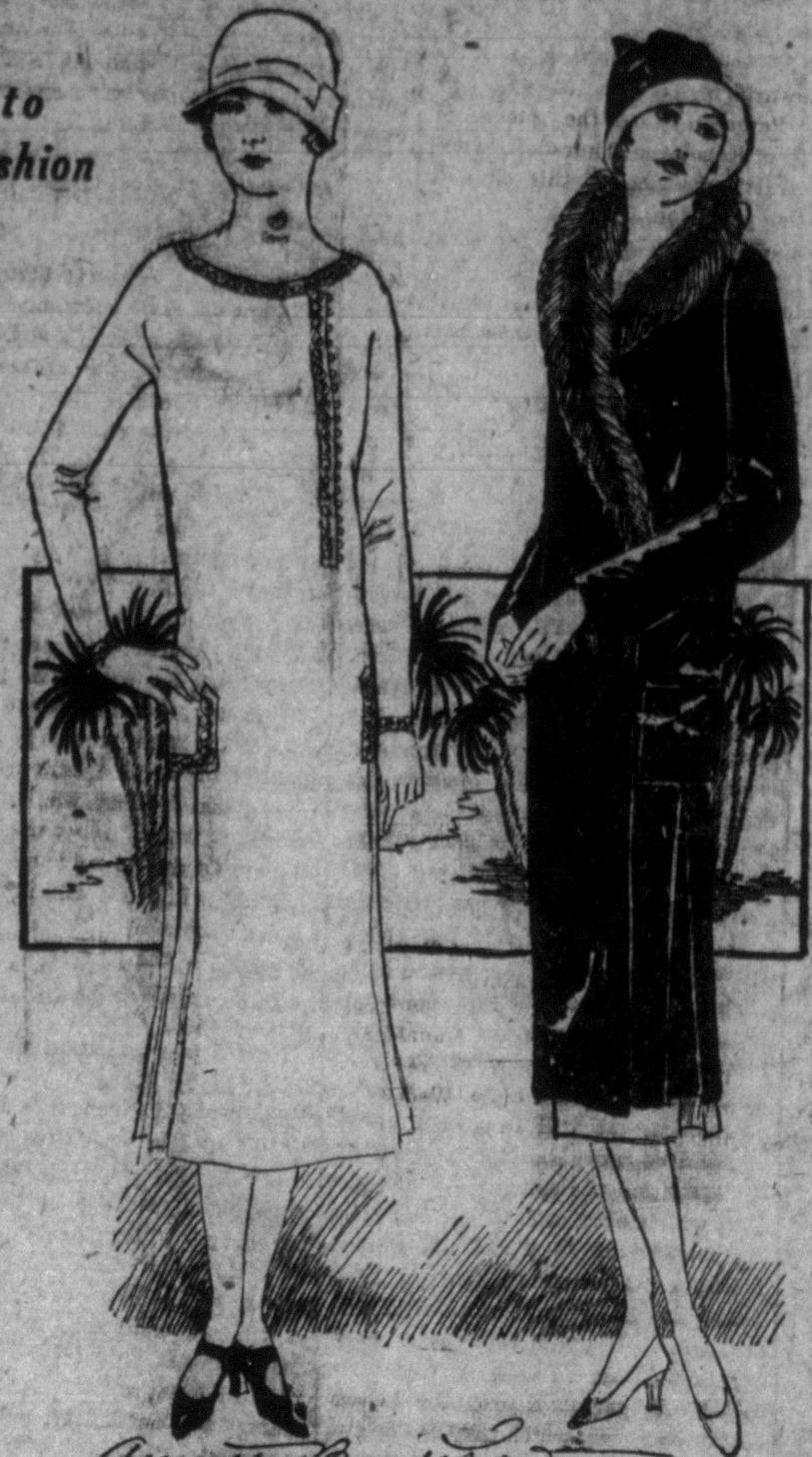
By ANNETTE BRADSHAW

THE pleat has seen much favor during the past season and it promises to be all the rage for several seasons to come. This increased popularity is indicated by the vogue for pleats in all the models designed for Southern resort wear. When a fashion registers at the smart Southern resorts, this is always a sign that the mode will doubtless be good into the Spring and Summer season ahead.

Pleats enable a frock to retain its slim, youthful line, and at the same time to be wide enough for any sports activity. American women are laying such stress upon outdoor sports that they demand frocks which are practical as well as smart.

The dress sketched at the left is a sports model of corn-colored crepe trimmed with reddish wool braid. There are three flat pleats at either side, these are stitched down a short distance, so that the flat hip silhouette prevails and at the same time the frock shows ample width.

The ensemble suit at the right consists of a white kasha frock worn beneath a three-quarter coat of tomato kasha lined with white. Both the frock and coat show a single inverted pleat at either side. The collar is fitted fur. Fur collars, by the way, are prominently featured on Southern resort coats.



Advance Styles for Spring Feature the Use of Pleats.

YOUR HEALTH

Death Rate Is Lowered by Following Simple Rules

By ROYAL S. COPELAND, M.D.

United States Senator from New York
Former Commissioner of Health, New York City

RECENTLY I had a heart-breaking letter from a doctor's wife. Her able and sympathetic husband and several eminent specialists, have tried in vain to relieve her sufferings. In spite of everything the pain continues.

A diagnosis of arthritis has been made and undoubtedly it is correct.

Wherever the bones come together there is a joint. It may not be a very movable union, but whether it is or not, every joint possesses certain elements. There are bones of course, ligaments and a living membrane called the synovial membrane.

The very delicacy of this membrane makes it liable to inflammation.

Its location within a more or less movable joint causes it to be pressed upon and painful whenever that particular joint is called into motion.

We refer to inflammation of this structure as arthritis. Whether the attack is in the wrist, the knee or the back, the causes and local conditions are the same.

It is believed now that arthritis, unless it is the direct result of an injury, is caused by an infection somewhere in the body, perhaps a long way from the inflamed joint.

Arthritis is a chronic disease—the chronic ones are very slow to develop. They may be quite advanced before their presence is realized.

What I wish to make clear is that the arthritis may have existed for many months and even for years, before the victim fully realizes something is wrong. The primary condition may have been a simple cold, but the arthritis continues to produce aches and pains.

It must be admitted frankly that chronic arthritis is a pretty obstinate thing and a very hopeful as regards complete recovery.

It is important to rid yourself of



DR. COPELAND

the exciting trouble so as to have no other joints involved. For the relief of pain and the sleeplessness it causes there are some simple things to do.

The chief remedy is heat. The natural thing to do when heat is advised is to apply an electric pad, a hot water bottle or some other form of dry heat. That won't do in arthritis. Moist heat must be used.

Fit up a high candle power electric light bulb with a protecting shade. Wring a towel out of hot salt water solution. Apply this to the sore part and cover with a dry towel. Keep this hot by directing upon it the hot rays of the electric bulb. Do this night and morning, for a half hour each time.

Then do not forget that certain internal remedies are useful.

Answers to Health Questions

MRS. L. S. Q.—I weigh too much. How can I reduce?

A.—Eliminate as much as possible sugars and starches from your diet. Eat plenty of fresh fruit and vegetables. Exercise daily in the open air.

MRS. L. K. Q.—What is the cause and cure of a red and shiny nose?

A.—This may be due to indigestion. For further particulars on this subject, send stamped, self-addressed envelope and repeat your question.

H. K. Q.—What should a girl 16 years of age, 5 feet 9 inches tall, weigh?

A.—You should weigh about 135 pounds.

H. G. K. Q.—What is the cause of head noises and what can I do to cure it?

A.—Head noises are usually due to nasal catarrh which has extended to the middle ear. Therefore, the nasal condition must be treated before the noises can be relieved. For further particulars, send a self-addressed, stamped envelope and restate your question.

BABE. Q.—My hair is fine and soft and has been falling out lately. What can I do to prevent this?

A.—A massage gently into the scalp at night a good stimulating ointment.

In most cases it is. But it often requires months of rest and quiet before the symptoms disappear. Sometimes an operation is advisable. It would be wise to consult your doctor as to the necessary treatment.

MRS. S. W. Q.—What can I do for enlarged pores?

A.—Hot and cold applications, applied alternately, night and morning, will help this condition.

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WINIFRED BLACK WRITES ABOUT An Understanding Love

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HIS got the job!

The red-headed young fellow with the pretty bride just out from Dublin.

Hurrah! I was afraid they were going to have a hard time; and she in a strange land with all her eight brothers and sisters and her old father and mother across the bitter sea.

They had a little money to tide them over a bad time and they didn't worry at first. They laughed and made a joke of it.

Yes, even when it came down to doing without much at meal times.

The cheaper cuts of meat and one vegetable and then no meat at all except once or twice a week, and the pretense and the light "oh, we'll find something soon" when people asked them about it.

And the little bride slipped downtown and found a position for herself. "I'll help out," said she, "till Joe is on his feet again."

The Hardest Blow of All

And that was the hardest thing of all.

Joe stood everything and held up his head till his little bride had to go downtown to work and then Joe's head sank and Joe's step was heavy and Joe didn't whistle any more and all the sparkle and the twinkle was gone from his boyish blue eyes and things were pretty sad with Joe and Mary.

Mary couldn't see why Joe was so miserable to think of her going to work.

It was a good job she had with good money, and it was light work, too, but all Joe's pride and all his masculine strength was gone.

And what do you think Mary did?

On the third day she came home from her job and found Joe waiting for her with his head down and his eyes full of a hurt bitterness, she put her arms around his neck and cried, and said, "Joe, I don't like to work downtown. I want to stay home and look after you, Joe, dear, you'll have to look after the both of us."

And Joe—well, they say he cried a little, too. He isn't much more than a boy, but when his eyes were dry he kissed Mary and



Winifred Black

put on his hat and went out, head up, eyes round, to look for a job—any kind of a job.

He's an educated man, but he didn't care. He would work in the street—he would dig ditches—anything to take care of Mary.

And he got the job—and a good job, too—and when he went home to tell Mary about it he hung down his head and pretended to be miserable.

"It's no use," he said, "no use at all!"

And Joe Has Made Good.

But Mary saw the glint in his eyes and sprang into his arms with a laugh of joy, and they had fifty cents in the world and they went to a moving picture and laughed and cried over the romance and the sorrow of it. And Joe has made good, and he's going to be promoted one of these days, and what a time they will have!

What joy! What letters from home! What messages of cheer and comfort flew across the ocean!

"Well," said Mary, "it was hard for me to give up my job. I really liked it much better than staying at home, but I had Joe to think of. I couldn't bear to see his pride hurt, and I was afraid if I kept it up Joe would get used to it and maybe—"

I think Mary was wise. What do you think?



WHERE SNAKE CHARMERS STILL PLY THEIR TRADE.

THROUGHOUT India the sudden sound of a thin, unmelodious whine from a gourd flute, accompanied by the rattle of a monkey drum, is a signal that the snake charmers are bidding for your attention. They are present everywhere. Whenever crowds gather for a festival or a bazaar, or merely for conversational purposes, you are sure to find the snake charmers among those present.

When you trace the sound of the music to its source you come upon a group of dark-skinned ragamuffins dressed in the saffron robes of their calling. Each of them is squatting before a flat wicker basket. As he

And so this saffron-robed tribe pursues its restless way. They wander the face of the earth, always found where there is a festival or a fair.



Doomed to Be Vagabonds.

plays his intriguing, monotonous, weird music the lid of the basket slowly rises. As it falls slowly back it reveals the heads of cobras emerging. They sway rhythmically in time to the music as they rise from their basket homes. Their eyes fastened immovably on their masters, they dance to the music with which he fascinates them.

The snake charmers are all no-

Three-Minute Journeys

By Temple Manning

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THE HOME KITCHEN

By JEANNETTE YOUNG NORTON

The Authority on Home Cooking

Five Recipes for Making Molasses Dainties.

OLD-FASHIONED housewives used to call molasses "long sweetening," and it was considered far superior to sugar for the sweetening of certain kinds of cooking. It was added to beans for baking, to apple pies and brown bread, it was used on pancakes, in ginger bread and in candy making.

Boston Brown Bread. Mix together a cupful of yellow cornmeal, two and a half cupfuls of rye meal, a level teaspoonful each of salt and bicarbonate of soda, two cupfuls of hot water mixed with a cupful of molasses. Mix well and add a dessertspoonful of butter and a half cupful of cooking raisins. Fill a buttered mold about three-quarters full and steam for three and a half hours. When done, unmold and dry off in the oven from five to eight minutes.

Boston Baked Beans. Wash, then soak, one quart of navy beans all night. In the morning put the beans on to boil, and cook until they are tender, or when the skin cracks and one is easily crushed with the fingers. Butter a bean-pot or deep pudding dish. Add a saltspoonful of soda to the beans while they are cooking. Drain off the water and after placing a piece of salt pork in the dish, pour the beans around it, add pepper, salt, a quarter cupful of molasses, some of the water the beans were in, and a teaspoonful of sugar. Bake covered two or more hours, then uncover and cook until they are a good brown. Cook the beans in a slow oven. They may be cooked in an

all-night slow oven if it is more convenient to do so.

Soft Gingerbread. Beat a large fresh egg light, then beat into it a quarter cupful of sugar and a half cupful of molasses. Sift together one and a half cupfuls of fine flour, a saltspoonful of salt, a level tea-spoonful each of soda and molasses ginger, melt two tablespoonfuls of shortening, in a half cupful of warm water and stir it in slowly. Beat all together until smooth, then pour into a square buttered pan and bake in a medium oven.

Molasses Wafers. Put a cupful of molasses and a half cupful of butter into a small saucepan and bring it to boiling point. Remove from the fire and sift in three cupfuls of sifted flour in which a level teaspoonful each of soda and salt have been mixed. Roll out on a floured board as thin as possible, and bake in a medium oven. The wafers are very delicate. If desired, a teaspoonful of vanilla may be added, or a teaspoonful of orange flower flavoring, or a teaspoonful of ginger syrup.

Molasses Crumb Pie. Line a deep pie crust with good short paste and finish the top by marking with the fluted tines of a fork. Beat two fresh eggs and add a cupful of sugar, a cupful of molasses and a half cupful of rich milk, a tablespoonful of butter, a saltspoonful of grated nutmeg, and a quarter cupful of vinegar. Partially bake the crust, then pour the mixture into the shell, after it is thoroughly mixed. Bake in a moderate oven until the filling is firm and the crust done.

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A Jumping Exercise to Keep Your Body and Beauty at Par

By LUCREZIA BORI

The Famous Spanish Prima Donna

HEALTH, beauty and vivacity are not derived from some secret source, as many people seem to think they are. If there be any secret, it is an open one that all who are willing to give the matter a small amount of thought may share. The keynote to the possession of these desirable things is exercise, and exercise is the watchword that I cannot repeat to my readers too often.

Exercise and fresh air and sleep are beauty essentials, and the sooner you realize this to its fullest, the sooner you will be able to make your beauty fresh and blooming and lasting.

The time to start is when you get out of bed in the morning. Ten minutes spent at brisk exercise will quicken your circulation and bring the blood mounting to your cheek and the sparkle to your eye.

Start this practice of daily exercise and notice the change for the better. You will feel better, more energetic and more cheerful. After you take your bath and have breakfast

an excellent exercise for you to take: Stand erect, chest out, chin in and hands on hips. I always advise starting your exercise by assuming this erect position, even when the next position is simply a change of posture necessary to begin the exercise.

The next position in this case is a radical change, for you must stoop over and place the palms of your hands on the floor, resting practically all the weight of your body on your hands. Your knees should be bent.

Now, with your hands still resting on the floor, extend your right leg out behind you.

Next, give a jump, changing the position of your legs, but, of course, allowing your weight to remain on your hands and arms. This means that your right leg will be bent and your left leg out straight behind you, knee unbent.

Keep up this jumping movement for some time, or until you begin to feel tired.

If you keep a good variety of exercises of this type on hand, you

fast you will feel splendid. The results are felt not only in this immediate quickening of your spirits, but after the practice has become an established one, you will feel better all the time.

Now aren't these recommendations enough to convince you that it's worth a trial? I want you to become so in the habit of this early morning treat that you simply won't let yourself go without it. Here is

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